



# TAMARA PRIVATE **Power Hour**

1 hour physiotherapist supervised exercise group.

## Benefits:

- Supervision by experienced physiotherapists
- Individualised exercise program tailored to your exercise goals
- Fun, social environment

## Includes:

- Balance training and falls prevention
- Strengthening and reconditioning
- Aerobic fitness
- Pre-hab for upcoming surgery
- Injury prevention
- Weekly sessions

To enquire and book in call Allied Health Reception on 67645 676.

No referral necessary

People caring for people.